



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

September 2015

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

Center Phone Numbers

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Janet O'Dell

817-952-2325

Dale Dawson

817-952-2328

Bingo Night Potluck Dinner

September 17, 2015 from 6pm-7:30pm. Bring your favorite dish! Sign up with staff or call 817-952-2326.

New Line Dancing Class

Thursday evenings 6:00pm to 7:30pm. Beginning: September 3, 2015 Fee: \$5.00 per week. Please sign up with staff member. Not for beginners. Must have some experience. Ages 50 and up.

A Changing Season Lunch N Learn

Considering downsizing? Don't know where to start? Then come join us for some tips and a great lunch! A national certified senior move manager from A Changing Season along with Kim King from Parkwood Retirement Community will help you better understand downsizing, "right-sizing," space planning and clearing out clutter. When: September 14, 2015 from 10:00am to 12:00pm. Please sign up with staff member or call 817-952-2326.

AccuQuest Hearing Center

Accu Quest Hearing Center will be here September 21, 2015 from 10:00am to 12:00pm. They will be checking hearing aides. Come get yours checked out! Please sign up with staff member or call 817-952-2326.

Defensive Driving

AARP members- \$15 all others \$20. Cash or check. September 22, 2015 6:00pm-10:00pm. Please sign up with staff member or call 817-952-2326.

Dance Lessons

Learn ballroom, country and more! Singles and couples welcome. Must be age 50 or above. Monday evenings 5:30pm-6:30pm. \$5.00 per person per lesson. Then stay for our Monday night dance only \$6.00 per person. Classes begin Monday, September 14, 2015.

Kaner Flu Shots

Kaner will be here on September 28, 2015 from 9:00am to 11:00am for Flu shots. All Medicare patients please bring ID and Medicare card so they can bill Medicare directly. The cash price per shot is \$15 if you do not have Medicare.

MONDAY	TUESDAY	WEDNESDAY
	1 8am-5pm-Ceramincs 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	2 8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
7 CLOSED FOR LABOR DAY NO DANCE	8 8am-5pm-Ceramincs 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	9 8am-Ceramics & Pool 9am-1pm-China Painting 10am-NARFE 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
14 8am-5pm-Ceramics 8am-noon-Pool 10:00am-A Changing Season-Lunch N Learn 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Pete & Patti	15 8am-5pm-Ceramincs 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	16 8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
21 8am-5pm-Ceramics 8am-noon-Pool 10:00am-Accu Quest Hearing Center 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Bill G Trio	22 8am-5pm-Ceramincs 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm-Defensive Driving	23 8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
28 8am-5pm-Ceramics 8am-noon-Pool 9am-Kaner Flu Shots 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Russ Dorsey	29	30

<p style="text-align: center;"><u>THURSDAY</u></p> <p style="text-align: right;">3</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm- Line Dancing</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">4</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>DANCES</u></p> <p>Sept. 7-NO DANCE-CLOSED Sept. 14-Pete & Patti Sept. 21-Bill G Trio Sept. 28-Russ Dorsey</p>
<p style="text-align: right;">10</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm- Line Dancing</p>	<p style="text-align: right;">11</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>NARFE</u></p> <p>Wednesday September 9, 2015</p> <p style="text-align: center;"><u>Blood Pressure Checks</u> 1st & 3rd Thursdays 8:30am to 10:30am</p>
<p style="text-align: right;">17</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm-Bingo</p>	<p style="text-align: right;">18</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p>Would you like schedule and newsletter updates by email? Email me at: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p>
<p style="text-align: right;">24</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:00pm- Line Dancing</p>	<p style="text-align: right;">25</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>Class Highlights</u></p> <p>We could use a few more people for the <u>Hobbyist</u> class. Have a favorite hobby? Bring your supplies and work on your hobby here where you can share and socialize. September 11th & 25th from 1:00pm-4:00pm. Hope to see you soon!</p>
		<p><u>Tai Chi</u> needs more participants! Asian form of low impact exercise. Meets Mondays at 2:30pm and Fridays at 12:00pm.</p> <p>Join the Low Impact <u>Exercise</u> class! Low impact exercise meets Tuesday, Wednesday, and Thursday at 9:00am.</p>

Winstar Trip



30 people had a GREAT time on our
trip to Winstar!

Next time, make sure
YOU are one of them!!